

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Total	100.0	30.2 (0.44)	19.8 (0.34)	50.0 (0.46)	100.0	46.9 (0.47)	3.2 (0.14)	28.5 (0.38)	21.4 (0.37)
Sex									
Male	100.0	28.5 (0.56)	18.3 (0.49)	53.2 (0.60)	100.0	43.5 (0.60)	3.3 (0.21)	27.7 (0.52)	25.4 (0.50)
Female	100.0	31.7 (0.55)	21.3 (0.47)	47.0 (0.59)	100.0	50.0 (0.61)	3.0 (0.17)	29.3 (0.47)	17.6 (0.47)
Age (years)									
18–44	100.0	24.8 (0.55)	18.5 (0.48)	56.7 (0.65)	100.0	40.8 (0.66)	2.6 (0.19)	29.9 (0.55)	26.7 (0.56)
45–64	100.0	32.7 (0.68)	21.2 (0.59)	46.2 (0.67)	100.0	50.6 (0.69)	3.3 (0.23)	28.3 (0.59)	17.8 (0.50)
65–74	100.0	35.2 (1.01)	22.4 (0.79)	42.4 (0.98)	100.0	53.1 (0.99)	4.5 (0.40)	27.9 (0.88)	14.4 (0.72)
75 and over	100.0	51.1 (1.16)	20.7 (0.91)	28.2 (1.01)	100.0	66.7 (1.05)	5.2 (0.49)	20.2 (0.88)	7.9 (0.63)
Race									
One race <sup>2</sup>	100.0	30.3 (0.44)	19.8 (0.34)	49.9 (0.46)	100.0	47.0 (0.47)	3.2 (0.14)	28.4 (0.39)	21.4 (0.37)
White	100.0	28.9 (0.50)	19.9 (0.39)	51.2 (0.54)	100.0	45.7 (0.55)	3.2 (0.15)	29.1 (0.44)	22.0 (0.43)
Black or African American	100.0	38.5 (0.99)	18.1 (0.78)	43.4 (0.98)	100.0	53.5 (1.01)	3.1 (0.37)	23.5 (0.81)	19.8 (0.78)
American Indian or Alaska Native	100.0	39.2 (3.73)	16.8 (2.89)	44.0 (4.04)	100.0	51.6 (3.95)	*4.3 (1.42)	20.1 (2.91)	24.0 (3.92)
Asian	100.0	29.2 (1.53)	23.4 (1.19)	47.4 (1.54)	100.0	50.0 (1.54)	2.7 (0.44)	30.4 (1.38)	17.0 (1.07)
Native Hawaiian or Other Pacific Islander	100.0	43.3 (6.91)	*13.6 (4.22)	43.1 (6.13)	100.0	48.0 (7.88)	*8.9 (3.79)	26.9 (6.84)	*16.3 (5.44)
Two or more races <sup>3</sup>	100.0	26.1 (2.45)	23.4 (2.52)	50.4 (2.70)	100.0	46.1 (2.74)	3.6 (0.76)	29.2 (2.58)	21.1 (2.18)
Black or African American, white	100.0	31.0 (6.66)	19.1 (3.92)	49.9 (6.80)	100.0	49.5 (7.10)	*	29.0 (6.63)	19.7 (3.97)
American Indian or Alaska Native, white	100.0	25.8 (3.28)	29.8 (3.99)	44.4 (3.96)	100.0	51.5 (4.01)	*4.3 (1.33)	29.7 (3.97)	14.6 (3.22)
Hispanic or Latino origin <sup>4</sup> and race									
Hispanic or Latino	100.0	40.1 (0.92)	18.6 (0.70)	41.3 (0.85)	100.0	55.2 (0.90)	3.6 (0.39)	25.9 (0.75)	15.3 (0.60)
Mexican or Mexican American	100.0	39.9 (1.20)	19.5 (0.89)	40.6 (1.06)	100.0	55.8 (1.14)	3.7 (0.50)	26.2 (0.96)	14.4 (0.72)
Not Hispanic or Latino	100.0	28.4 (0.48)	20.0 (0.39)	51.6 (0.51)	100.0	45.4 (0.51)	3.1 (0.14)	28.9 (0.43)	22.6 (0.41)
White, single race	100.0	26.3 (0.54)	20.1 (0.47)	53.5 (0.62)	100.0	43.4 (0.63)	3.1 (0.16)	29.9 (0.51)	23.6 (0.51)
Black or African American, single race	100.0	38.3 (1.02)	18.2 (0.80)	43.5 (1.01)	100.0	53.4 (1.04)	3.2 (0.39)	23.5 (0.83)	20.0 (0.81)

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>									
Less than a high school diploma	100.0	52.2 (1.13)	16.7 (0.74)	31.1 (1.00)	100.0	66.8 (1.01)	2.1 (0.28)	23.9 (0.95)	7.1 (0.53)
High school diploma or GED <sup>6</sup>	100.0	39.6 (0.88)	20.7 (0.67)	39.7 (0.81)	100.0	57.2 (0.83)	3.1 (0.27)	26.6 (0.72)	13.0 (0.53)
Some college	100.0	29.1 (0.70)	21.8 (0.63)	49.1 (0.76)	100.0	46.9 (0.78)	4.1 (0.30)	29.0 (0.72)	20.0 (0.55)
Bachelor's degree or higher	100.0	17.5 (0.54)	20.7 (0.58)	61.8 (0.66)	100.0	35.0 (0.66)	3.3 (0.23)	31.9 (0.62)	29.8 (0.67)
<b>Current employment status<sup>7</sup></b>									
Employed	100.0	26.6 (0.57)	20.2 (0.49)	53.2 (0.63)	100.0	43.6 (0.64)	3.2 (0.24)	29.3 (0.53)	23.9 (0.51)
Full-time	100.0	26.9 (0.76)	19.7 (0.58)	53.4 (0.83)	100.0	43.6 (0.84)	3.1 (0.30)	29.8 (0.72)	23.5 (0.58)
Part-time	100.0	26.8 (1.05)	20.5 (1.09)	52.7 (1.24)	100.0	44.1 (1.26)	3.3 (0.42)	28.8 (1.07)	23.9 (1.12)
Not employed but has worked previously	100.0	35.0 (0.80)	19.4 (0.62)	45.6 (0.86)	100.0	51.2 (0.88)	3.2 (0.23)	27.3 (0.73)	18.2 (0.66)
Not employed and has never worked	100.0	49.6 (1.61)	15.1 (1.09)	35.3 (1.56)	100.0	61.8 (1.59)	2.9 (0.63)	24.4 (1.48)	10.9 (0.99)
<b>Family income<sup>8</sup></b>									
Less than \$35,000	100.0	40.6 (0.68)	18.8 (0.51)	40.6 (0.70)	100.0	56.5 (0.70)	3.0 (0.20)	25.7 (0.57)	14.9 (0.52)
\$35,000 or more	100.0	24.2 (0.50)	20.9 (0.49)	54.9 (0.57)	100.0	41.7 (0.59)	3.5 (0.19)	29.9 (0.49)	24.9 (0.49)
\$35,000–\$49,999	100.0	32.5 (1.05)	21.3 (0.91)	46.2 (1.04)	100.0	50.3 (1.03)	3.6 (0.43)	27.8 (0.89)	18.3 (0.78)
\$50,000–\$74,999	100.0	28.4 (0.99)	21.3 (0.80)	50.3 (1.02)	100.0	45.7 (1.04)	4.1 (0.41)	28.9 (0.92)	21.3 (0.86)
\$75,000–\$99,999	100.0	24.1 (1.01)	22.5 (1.24)	53.5 (1.48)	100.0	43.1 (1.52)	3.5 (0.43)	31.0 (1.09)	22.4 (1.04)
\$100,000 or more	100.0	17.6 (0.72)	19.8 (0.79)	62.7 (0.88)	100.0	34.5 (0.86)	3.0 (0.32)	30.9 (0.84)	31.6 (0.82)
<b>Poverty status<sup>9</sup></b>									
Poor	100.0	43.8 (0.95)	19.2 (0.75)	37.0 (1.00)	100.0	59.9 (1.01)	3.1 (0.33)	23.8 (0.83)	13.1 (0.74)
Near poor	100.0	39.7 (0.85)	20.0 (0.72)	40.3 (0.85)	100.0	56.7 (0.87)	3.1 (0.31)	26.2 (0.76)	13.9 (0.58)
Not poor	100.0	24.3 (0.48)	20.2 (0.47)	55.5 (0.54)	100.0	41.3 (0.56)	3.3 (0.17)	29.9 (0.46)	25.5 (0.48)

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>									
Under 65:									
Private	100.0	22.0 (0.54)	19.8 (0.50)	58.2 (0.67)	100.0	39.1 (0.68)	2.8 (0.18)	30.8 (0.52)	27.4 (0.55)
Medicaid	100.0	43.1 (1.15)	19.7 (0.98)	37.2 (1.12)	100.0	60.1 (1.14)	2.8 (0.43)	25.4 (1.03)	11.6 (0.74)
Other	100.0	30.4 (1.89)	15.3 (1.37)	54.3 (2.23)	100.0	42.3 (2.16)	3.4 (0.63)	27.1 (1.98)	27.2 (2.36)
Uninsured	100.0	37.6 (1.05)	19.4 (0.86)	43.0 (1.05)	100.0	54.0 (1.04)	3.1 (0.37)	26.9 (0.97)	16.0 (0.80)
65 and over:									
Private	100.0	38.9 (1.05)	22.1 (0.89)	38.9 (1.03)	100.0	55.9 (1.05)	5.2 (0.46)	25.6 (0.92)	13.3 (0.71)
Medicare and Medicaid	100.0	60.0 (2.50)	21.5 (2.13)	18.5 (1.87)	100.0	77.0 (1.97)	4.7 (0.84)	14.7 (1.78)	3.6 (0.73)
Medicare only	100.0	45.7 (1.33)	21.0 (1.08)	33.3 (1.16)	100.0	62.4 (1.20)	4.4 (0.53)	23.4 (1.06)	9.8 (0.77)
Other	100.0	40.6 (2.74)	20.3 (2.01)	39.1 (2.75)	100.0	57.2 (2.78)	4.0 (0.97)	26.5 (2.41)	12.3 (2.00)
Uninsured	100.0	35.9 (8.60)	*19.7 (6.15)	44.4 (9.08)	100.0	55.6 (9.08)	-	37.9 (9.02)	*6.5 (3.02)
Marital status									
Married	100.0	28.7 (0.56)	20.8 (0.48)	50.5 (0.61)	100.0	46.4 (0.62)	3.1 (0.18)	29.9 (0.50)	20.6 (0.49)
Widowed	100.0	32.3 (3.15)	25.7 (4.48)	42.0 (4.66)	100.0	54.6 (4.64)	*3.4 (1.23)	28.8 (4.45)	13.2 (3.55)
Divorced or separated	100.0	33.2 (0.98)	19.7 (0.87)	47.2 (1.09)	100.0	49.3 (1.07)	3.6 (0.33)	27.9 (1.00)	19.2 (0.90)
Never married	100.0	32.9 (0.92)	18.6 (0.78)	48.5 (0.85)	100.0	48.2 (0.88)	3.6 (0.42)	25.2 (0.72)	23.1 (0.67)
Living with a partner	100.0	31.6 (1.68)	20.7 (1.41)	47.7 (1.73)	100.0	49.0 (1.73)	3.4 (0.73)	28.0 (1.52)	19.6 (1.19)
Place of residence <sup>11</sup>									
Large MSA	100.0	28.6 (0.54)	20.4 (0.46)	51.0 (0.59)	100.0	45.7 (0.60)	3.3 (0.19)	27.9 (0.50)	23.0 (0.49)
Small MSA	100.0	30.2 (0.83)	19.2 (0.66)	50.6 (0.87)	100.0	46.5 (0.89)	3.0 (0.23)	29.6 (0.68)	20.9 (0.67)
Not in MSA	100.0	36.1 (1.57)	19.3 (0.85)	44.6 (1.28)	100.0	52.3 (1.34)	3.1 (0.30)	28.6 (1.11)	16.0 (0.96)
Region									
Northeast	100.0	34.3 (1.16)	17.1 (0.84)	48.5 (1.15)	100.0	48.9 (1.16)	2.7 (0.37)	26.2 (0.93)	22.2 (0.98)
Midwest	100.0	28.6 (0.91)	22.7 (0.81)	48.8 (1.11)	100.0	47.8 (1.17)	3.5 (0.28)	28.0 (0.84)	20.7 (0.86)
South	100.0	32.5 (0.76)	18.8 (0.54)	48.6 (0.69)	100.0	48.3 (0.70)	3.2 (0.22)	28.5 (0.66)	20.0 (0.58)
West	100.0	24.9 (0.82)	20.7 (0.64)	54.4 (0.88)	100.0	42.3 (0.86)	3.3 (0.27)	30.5 (0.69)	23.8 (0.65)

**Table A-14a. Age-adjusted percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex									
Hispanic or Latino, male	100.0	38.0 (1.25)	18.3 (1.04)	43.7 (1.23)	100.0	53.2 (1.28)	3.3 (0.49)	24.5 (1.07)	19.1 (0.97)
Hispanic or Latina, female	100.0	42.0 (1.22)	19.1 (0.94)	38.9 (1.11)	100.0	57.4 (1.18)	3.7 (0.55)	27.4 (1.01)	11.5 (0.72)
Not Hispanic or Latino:									
White, single race, male	100.0	25.4 (0.70)	18.8 (0.66)	55.8 (0.80)	100.0	41.0 (0.79)	3.3 (0.25)	29.0 (0.68)	26.8 (0.67)
White, single race, female	100.0	27.1 (0.70)	21.4 (0.69)	51.4 (0.80)	100.0	45.6 (0.83)	3.0 (0.22)	30.8 (0.63)	20.6 (0.68)
Black or African American, single race, male	100.0	34.4 (1.46)	14.7 (0.94)	50.9 (1.45)	100.0	45.4 (1.44)	3.8 (0.72)	23.0 (1.28)	27.8 (1.35)
Black or African American, single race, female	100.0	41.7 (1.34)	20.9 (1.11)	37.5 (1.33)	100.0	60.0 (1.35)	2.6 (0.35)	24.0 (1.10)	13.4 (0.92)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to only the aerobic activity guidelines are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes. "Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the muscle-strengthening guidelines. The sum of percentages for adults who met the aerobic-only guidelines and for those who met both the aerobic and muscle-strengthening guidelines equals (within rounding error) the percentage of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over. Estimates are age adjusted to the projected 2000 U.S. population as the standard population using four age groups: 25-44, 45-64, 65-74, and 75 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. Unless otherwise specified, estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18-44, 45-64, 65-74, and 75 and over. Estimates for age groups are not age-adjusted. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>).

Suggested citation: Blackwell DL, Lucas JW. Tables of Summary Health Statistics for U.S. Adults: 2014 National Health Interview Survey. 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2014.

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Total	239,688	72,078	47,099	115,927	239,688	111,481	7,620	66,629	48,933
Sex									
Male	115,541	32,527	21,039	59,652	115,541	49,787	3,759	31,272	28,133
Female	124,148	39,551	26,061	56,275	124,148	61,693	3,861	35,358	20,801
Age (years)									
18–44	112,149	27,297	20,446	62,532	112,149	44,852	2,881	32,898	29,416
45–64	82,605	26,419	17,122	37,334	82,605	40,876	2,636	22,890	14,368
65–74	26,362	9,092	5,769	10,951	26,362	13,697	1,163	7,195	3,725
75 and over	18,573	9,270	3,762	5,110	18,573	12,056	940	3,646	1,424
Race									
One race <sup>2</sup>	235,831	71,161	46,249	113,936	235,831	109,845	7,488	65,498	48,084
White	190,462	55,468	37,558	93,704	190,462	86,812	6,162	54,023	39,401
Black or African American	29,355	10,943	5,152	12,687	29,355	15,202	879	6,839	5,804
American Indian or Alaska Native	1,948	731	309	845	1,948	962	*76	388	458
Asian	13,733	3,899	3,176	6,541	13,733	6,719	348	4,153	2,359
Native Hawaiian or Other Pacific Islander	333	*121	*54	159	333	151	*	*96	*63
Two or more races <sup>3</sup>	3,858	917	851	1,991	3,858	1,635	132	1,132	850
Black or African American, white	760	206	*141	413	760	334	*	202	205
American Indian or Alaska Native, white	1,590	415	476	652	1,590	819	71	432	216
Hispanic or Latino origin <sup>4</sup> and race									
Hispanic or Latino	36,571	13,735	6,692	15,645	36,571	19,244	1,183	9,594	5,992
Mexican or Mexican American	22,326	8,240	4,274	9,461	22,326	11,780	733	5,882	3,549
Not Hispanic or Latino	203,117	58,343	40,407	100,282	203,117	92,237	6,437	57,036	42,941
White, single race	157,364	42,888	31,522	79,655	157,364	69,280	5,079	45,393	34,032
Black or African American, single race	27,875	10,364	4,929	12,032	27,875	14,433	847	6,459	5,528

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>									
Less than a high school diploma	27,612	14,597	4,514	7,945	27,612	18,461	620	6,184	1,734
High school diploma or GED <sup>6</sup>	52,697	21,125	10,843	19,630	52,697	30,314	1,625	13,266	6,297
Some college	59,919	17,163	12,912	28,551	59,919	27,624	2,451	16,979	11,462
Bachelor's degree or higher	67,940	11,245	13,845	41,751	67,940	22,963	2,122	21,501	20,126
<b>Current employment status<sup>7</sup></b>									
Employed	146,624	35,722	29,276	78,991	146,624	60,778	4,192	43,083	35,651
Full-time	117,112	28,362	23,497	63,269	117,112	48,444	3,387	34,466	28,589
Part-time	27,205	6,757	5,406	14,435	27,205	11,393	770	7,821	6,571
Not employed but has worked previously	79,316	29,879	15,746	31,963	79,316	42,577	3,002	20,271	11,593
Not employed and has never worked	13,623	6,388	2,077	4,946	13,623	8,037	426	3,257	1,681
<b>Family income<sup>8</sup></b>									
Less than \$35,000	69,793	28,518	12,949	26,913	69,793	39,335	2,101	17,194	9,583
\$35,000 or more	144,503	33,950	29,993	78,164	144,503	59,014	4,927	42,805	35,190
\$35,000–\$49,999	28,044	9,029	5,881	12,589	28,044	13,919	992	7,611	4,954
\$50,000–\$74,999	35,733	9,998	7,707	17,552	35,733	16,269	1,434	10,260	7,256
\$75,000–\$99,999	27,053	6,260	6,035	14,282	27,053	11,325	970	8,365	5,882
\$100,000 or more	53,673	8,663	10,370	33,742	53,673	17,502	1,531	16,568	17,097
<b>Poverty status<sup>9</sup></b>									
Poor	31,383	13,042	5,912	11,772	31,383	18,015	926	7,441	4,307
Near poor	42,675	16,874	8,364	16,601	42,675	23,897	1,334	10,859	5,658
Not poor	152,199	36,944	30,796	81,860	152,199	62,658	5,035	44,812	36,832

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>									
Under 65:									
Private	129,666	28,788	25,617	73,158	129,666	50,773	3,599	39,135	33,837
Medicaid	23,239	9,703	4,457	8,476	23,239	13,528	629	5,776	2,655
Other	9,095	3,393	1,418	4,114	9,095	4,477	333	2,290	1,824
Uninsured	31,587	11,454	5,961	13,459	31,587	16,489	924	8,316	5,080
65 and over:									
Private	22,525	8,353	4,928	8,819	22,525	12,107	1,156	5,764	3,034
Medicare and Medicaid	2,951	1,741	627	544	2,951	2,232	136	429	109
Medicare only	15,536	6,748	3,188	5,196	15,536	9,258	659	3,620	1,546
Other	3,513	1,369	698	1,342	3,513	1,937	131	911	418
Uninsured	313	102	*61	143	313	163	-	117	*26
Marital status									
Married	126,926	36,461	26,208	61,992	126,926	58,685	3,950	37,194	24,663
Widowed	14,312	6,820	3,038	4,119	14,312	9,208	638	2,974	1,141
Divorced or separated	26,802	9,346	5,373	11,536	26,802	13,630	1,069	6,968	4,531
Never married	53,788	14,289	9,002	29,514	53,788	21,783	1,505	14,491	14,875
Living with a partner	17,497	5,035	3,409	8,605	17,497	7,982	453	4,869	3,695
Place of residence <sup>11</sup>									
Large MSA	130,402	36,685	26,201	65,065	130,402	58,542	4,314	35,796	29,107
Small MSA	73,885	22,286	13,991	36,142	73,885	34,051	2,193	21,283	14,711
Not in MSA	35,402	13,107	6,907	14,720	35,402	18,888	1,113	9,550	5,116
Region									
Northeast	41,490	14,221	7,068	19,179	41,490	20,129	1,112	10,586	8,481
Midwest	55,095	15,686	12,301	26,035	55,095	26,104	1,875	15,076	10,928
South	89,270	28,988	16,667	41,865	89,270	42,808	2,837	24,752	16,954
West	53,834	13,183	11,063	28,847	53,834	22,439	1,797	16,216	12,570

**Table A-14b. Frequency distributions (in thousands) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex									
Hispanic or Latino, male	18,309	6,515	3,199	8,352	18,309	9,114	600	4,517	3,793
Hispanic or Latina, female	18,262	7,220	3,494	7,293	18,262	10,130	584	5,076	2,199
Not Hispanic or Latino:									
White, single race, male	76,277	19,793	14,323	40,477	76,277	31,625	2,490	21,485	18,821
White, single race, female	81,087	23,095	17,199	39,178	81,087	37,655	2,589	23,907	15,211
Black or African American, single race, male	12,626	4,146	1,829	6,353	12,626	5,511	456	2,831	3,496
Black or African American, single race, female	15,249	6,218	3,100	5,679	15,249	8,922	391	3,628	2,032

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to the aerobic activity guidelines only are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes. "Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the strengthening guidelines. The sum of frequencies for adults who met the aerobic-only guidelines and for those who met both the aerobic and strengthening guidelines equals (within rounding error) the frequency of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the frequencies, but they are included in the "All adults aged 18 and over" column. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Lucas JW. Tables of Summary Health Statistics for U.S. Adults: 2014 National Health Interview Survey. 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2014.



**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Total	100.0	30.7 (0.45)	20.0 (0.34)	49.3 (0.45)	100.0	47.5 (0.46)	3.2 (0.14)	28.4 (0.38)	20.9 (0.36)
Sex									
Male	100.0	28.7 (0.58)	18.6 (0.50)	52.7 (0.60)	100.0	44.1 (0.60)	3.3 (0.21)	27.7 (0.52)	24.9 (0.50)
Female	100.0	32.4 (0.54)	21.4 (0.46)	46.2 (0.57)	100.0	50.7 (0.59)	3.2 (0.17)	29.1 (0.46)	17.1 (0.45)
Age (years)									
18–44	100.0	24.8 (0.55)	18.5 (0.48)	56.7 (0.65)	100.0	40.8 (0.66)	2.6 (0.19)	29.9 (0.55)	26.7 (0.56)
45–64	100.0	32.7 (0.68)	21.2 (0.59)	46.2 (0.67)	100.0	50.6 (0.69)	3.3 (0.23)	28.3 (0.59)	17.8 (0.50)
65–74	100.0	35.2 (1.01)	22.4 (0.79)	42.4 (0.98)	100.0	53.1 (0.99)	4.5 (0.40)	27.9 (0.88)	14.4 (0.72)
75 and over	100.0	51.1 (1.16)	20.7 (0.91)	28.2 (1.01)	100.0	66.7 (1.05)	5.2 (0.49)	20.2 (0.88)	7.9 (0.63)
Race									
One race <sup>2</sup>	100.0	30.8 (0.45)	20.0 (0.34)	49.2 (0.45)	100.0	47.6 (0.46)	3.2 (0.14)	28.4 (0.38)	20.8 (0.36)
White	100.0	29.7 (0.50)	20.1 (0.38)	50.2 (0.52)	100.0	46.6 (0.53)	3.3 (0.16)	29.0 (0.43)	21.1 (0.41)
Black or African American	100.0	38.0 (1.00)	17.9 (0.77)	44.1 (1.00)	100.0	52.9 (1.03)	3.1 (0.36)	23.8 (0.81)	20.2 (0.81)
American Indian or Alaska Native	100.0	38.8 (3.80)	16.4 (2.88)	44.8 (4.03)	100.0	51.1 (4.00)	*4.0 (1.37)	20.6 (2.90)	24.3 (3.96)
Asian	100.0	28.6 (1.51)	23.3 (1.20)	48.0 (1.56)	100.0	49.5 (1.55)	2.6 (0.43)	30.6 (1.39)	17.4 (1.10)
Native Hawaiian or Other Pacific Islander	100.0	36.2 (7.91)	*16.1 (6.58)	47.7 (8.33)	100.0	45.4 (8.89)	*	*28.8 (9.03)	*18.9 (6.28)
Two or more races <sup>3</sup>	100.0	24.4 (2.37)	22.6 (2.45)	53.0 (2.77)	100.0	43.6 (2.80)	3.5 (0.79)	30.2 (2.52)	22.7 (2.39)
Black or African American, white	100.0	27.1 (5.90)	18.6 (5.12)	54.3 (6.38)	100.0	44.3 (6.46)	*	26.8 (5.23)	27.2 (5.62)
American Indian or Alaska Native, white	100.0	26.9 (3.45)	30.8 (4.44)	42.3 (4.09)	100.0	53.2 (4.21)	*4.6 (1.42)	28.1 (3.96)	14.0 (3.14)
Hispanic or Latino origin <sup>4</sup> and race									
Hispanic or Latino	100.0	38.1 (0.93)	18.6 (0.70)	43.4 (0.88)	100.0	53.4 (0.91)	3.3 (0.35)	26.6 (0.78)	16.6 (0.65)
Mexican or Mexican American	100.0	37.5 (1.19)	19.4 (0.88)	43.1 (1.11)	100.0	53.7 (1.16)	3.3 (0.42)	26.8 (0.98)	16.2 (0.82)
Not Hispanic or Latino	100.0	29.3 (0.48)	20.3 (0.38)	50.4 (0.49)	100.0	46.4 (0.50)	3.2 (0.14)	28.7 (0.41)	21.6 (0.39)
White, single race	100.0	27.8 (0.54)	20.5 (0.44)	51.7 (0.58)	100.0	45.1 (0.59)	3.3 (0.17)	29.5 (0.48)	22.1 (0.46)
Black or African American, single race	100.0	37.9 (1.03)	18.0 (0.80)	44.0 (1.03)	100.0	52.9 (1.06)	3.1 (0.38)	23.7 (0.83)	20.3 (0.83)

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
<b>Education<sup>5</sup></b>									
Less than a high school diploma	100.0	54.0 (1.07)	16.7 (0.72)	29.4 (0.94)	100.0	68.4 (0.96)	2.3 (0.29)	22.9 (0.89)	6.4 (0.46)
High school diploma or GED <sup>6</sup>	100.0	40.9 (0.87)	21.0 (0.64)	38.0 (0.79)	100.0	58.9 (0.81)	3.2 (0.27)	25.8 (0.68)	12.2 (0.51)
Some college	100.0	29.3 (0.71)	22.0 (0.64)	48.7 (0.76)	100.0	47.2 (0.78)	4.2 (0.30)	29.0 (0.72)	19.6 (0.55)
Bachelor's degree or higher	100.0	16.8 (0.54)	20.7 (0.57)	62.5 (0.66)	100.0	34.4 (0.65)	3.2 (0.23)	32.2 (0.62)	30.2 (0.67)
<b>Current employment status<sup>7</sup></b>									
Employed	100.0	24.8 (0.49)	20.3 (0.46)	54.9 (0.55)	100.0	42.3 (0.56)	2.9 (0.16)	30.0 (0.49)	24.8 (0.46)
Full-time	100.0	24.6 (0.53)	20.4 (0.49)	55.0 (0.60)	100.0	42.2 (0.60)	2.9 (0.19)	30.0 (0.52)	24.9 (0.48)
Part-time	100.0	25.4 (1.03)	20.3 (1.14)	54.3 (1.27)	100.0	42.9 (1.28)	2.9 (0.35)	29.5 (1.09)	24.7 (1.18)
Not employed but has worked previously	100.0	38.5 (0.67)	20.3 (0.51)	41.2 (0.63)	100.0	55.0 (0.65)	3.9 (0.23)	26.2 (0.55)	15.0 (0.47)
Not employed and has never worked	100.0	47.6 (1.64)	15.5 (1.11)	36.9 (1.61)	100.0	60.0 (1.64)	3.2 (0.71)	24.3 (1.46)	12.5 (1.20)
<b>Family income<sup>8</sup></b>									
Less than \$35,000	100.0	41.7 (0.70)	18.9 (0.50)	39.4 (0.71)	100.0	57.7 (0.71)	3.1 (0.21)	25.2 (0.56)	14.0 (0.52)
\$35,000 or more	100.0	23.9 (0.50)	21.1 (0.49)	55.0 (0.56)	100.0	41.6 (0.57)	3.5 (0.19)	30.2 (0.49)	24.8 (0.47)
\$35,000–\$49,999	100.0	32.8 (1.04)	21.4 (0.90)	45.8 (1.03)	100.0	50.7 (1.03)	3.6 (0.42)	27.7 (0.89)	18.0 (0.76)
\$50,000–\$74,999	100.0	28.4 (0.97)	21.9 (0.80)	49.8 (1.00)	100.0	46.2 (1.02)	4.1 (0.41)	29.1 (0.91)	20.6 (0.83)
\$75,000–\$99,999	100.0	23.6 (0.97)	22.7 (1.19)	53.7 (1.39)	100.0	42.7 (1.42)	3.7 (0.45)	31.5 (1.08)	22.2 (0.98)
\$100,000 or more	100.0	16.4 (0.68)	19.7 (0.77)	63.9 (0.87)	100.0	33.2 (0.86)	2.9 (0.29)	31.4 (0.83)	32.4 (0.81)
<b>Poverty status<sup>9</sup></b>									
Poor	100.0	42.4 (1.01)	19.2 (0.76)	38.3 (1.09)	100.0	58.7 (1.10)	3.0 (0.32)	24.2 (0.85)	14.0 (0.86)
Near poor	100.0	40.3 (0.86)	20.0 (0.71)	39.7 (0.85)	100.0	57.2 (0.87)	3.2 (0.31)	26.0 (0.75)	13.6 (0.58)
Not poor	100.0	24.7 (0.49)	20.6 (0.45)	54.7 (0.53)	100.0	42.0 (0.54)	3.4 (0.17)	30.0 (0.45)	24.7 (0.46)

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Health insurance coverage <sup>10</sup>									
Under 65:									
Private	100.0	22.6 (0.54)	20.1 (0.50)	57.4 (0.65)	100.0	39.9 (0.66)	2.8 (0.18)	30.7 (0.51)	26.6 (0.53)
Medicaid	100.0	42.9 (1.19)	19.7 (0.98)	37.4 (1.15)	100.0	59.9 (1.17)	2.8 (0.43)	25.6 (1.04)	11.8 (0.75)
Other	100.0	38.0 (1.91)	15.9 (1.26)	46.1 (2.11)	100.0	50.2 (2.04)	3.7 (0.69)	25.7 (1.69)	20.4 (1.76)
Uninsured	100.0	37.1 (1.06)	19.3 (0.87)	43.6 (1.07)	100.0	53.5 (1.06)	3.0 (0.36)	27.0 (0.99)	16.5 (0.85)
65 and over:									
Private	100.0	37.8 (1.07)	22.3 (0.89)	39.9 (1.06)	100.0	54.9 (1.08)	5.2 (0.46)	26.1 (0.94)	13.8 (0.74)
Medicare and Medicaid	100.0	59.8 (2.48)	21.5 (2.12)	18.7 (1.86)	100.0	76.8 (1.96)	4.7 (0.84)	14.8 (1.76)	3.8 (0.77)
Medicare only	100.0	44.6 (1.33)	21.1 (1.07)	34.3 (1.17)	100.0	61.4 (1.21)	4.4 (0.52)	24.0 (1.06)	10.2 (0.80)
Other	100.0	40.1 (2.69)	20.5 (2.02)	39.4 (2.70)	100.0	57.0 (2.73)	3.8 (0.97)	26.8 (2.43)	12.3 (1.94)
Uninsured	100.0	33.4 (7.62)	20.0 (5.94)	46.7 (8.04)	100.0	53.3 (8.04)	-	38.0 (7.97)	*8.6 (4.08)
Marital status									
Married	100.0	29.2 (0.57)	21.0 (0.46)	49.7 (0.58)	100.0	47.1 (0.60)	3.2 (0.18)	29.9 (0.50)	19.8 (0.45)
Widowed	100.0	48.8 (1.24)	21.7 (1.03)	29.5 (1.08)	100.0	66.0 (1.11)	4.6 (0.45)	21.3 (0.96)	8.2 (0.63)
Divorced or separated	100.0	35.6 (0.87)	20.5 (0.74)	43.9 (0.90)	100.0	52.0 (0.90)	4.1 (0.33)	26.6 (0.77)	17.3 (0.69)
Never married	100.0	27.1 (0.82)	17.0 (0.73)	55.9 (0.89)	100.0	41.4 (0.89)	2.9 (0.30)	27.5 (0.75)	28.3 (0.82)
Living with a partner	100.0	29.5 (1.56)	20.0 (1.20)	50.5 (1.56)	100.0	47.0 (1.55)	2.7 (0.46)	28.6 (1.33)	21.7 (1.26)
Place of residence <sup>11</sup>									
Large MSA	100.0	28.7 (0.55)	20.5 (0.46)	50.9 (0.59)	100.0	45.8 (0.59)	3.4 (0.19)	28.0 (0.50)	22.8 (0.48)
Small MSA	100.0	30.8 (0.84)	19.3 (0.63)	49.9 (0.86)	100.0	47.1 (0.88)	3.0 (0.23)	29.5 (0.68)	20.4 (0.66)
Not in MSA	100.0	37.7 (1.58)	19.9 (0.86)	42.4 (1.22)	100.0	54.5 (1.30)	3.2 (0.32)	27.5 (0.96)	14.8 (0.83)
Region									
Northeast	100.0	35.1 (1.17)	17.5 (0.81)	47.4 (1.12)	100.0	49.9 (1.12)	2.8 (0.34)	26.3 (0.91)	21.0 (0.92)
Midwest	100.0	29.0 (0.90)	22.8 (0.78)	48.2 (1.05)	100.0	48.4 (1.10)	3.5 (0.29)	27.9 (0.82)	20.2 (0.82)
South	100.0	33.1 (0.78)	19.0 (0.56)	47.8 (0.70)	100.0	49.0 (0.71)	3.2 (0.22)	28.3 (0.64)	19.4 (0.57)
West	100.0	24.8 (0.83)	20.8 (0.64)	54.3 (0.89)	100.0	42.3 (0.88)	3.4 (0.27)	30.6 (0.69)	23.7 (0.67)

**Table A-14c. Crude percent distributions (with standard errors) of participation in leisure-time aerobic and muscle-strengthening activities that meet the 2008 federal physical activity guidelines among adults aged 18 and over, by selected characteristics: United States, 2014**

Selected characteristic	All adults aged 18 and over	Inactive with respect to aerobic activity guidelines only <sup>1</sup>	Insufficiently active with respect to aerobic activity guidelines only <sup>1</sup>	Sufficiently active (met aerobic activity guidelines only) <sup>1</sup>	All adults aged 18 and over	Did not meet full guidelines for either aerobic activity or muscle-strengthening <sup>1</sup>	Met full muscle-strengthening guidelines only <sup>1</sup>	Met full aerobic activity guidelines only <sup>1</sup>	Met full guidelines for both aerobic activity and muscle-strengthening <sup>1</sup>
Hispanic or Latino origin <sup>4</sup> , race, and sex									
Hispanic or Latino, male	100.0	36.1 (1.23)	17.7 (1.01)	46.2 (1.27)	100.0	50.6 (1.31)	3.3 (0.53)	25.1 (1.10)	21.0 (1.05)
Hispanic or Latina, female	100.0	40.1 (1.23)	19.4 (0.94)	40.5 (1.16)	100.0	56.3 (1.19)	3.2 (0.46)	28.2 (1.04)	12.2 (0.76)
Not Hispanic or Latino:									
White, single race, male	100.0	26.5 (0.72)	19.2 (0.64)	54.3 (0.77)	100.0	42.5 (0.77)	3.3 (0.24)	28.9 (0.66)	25.3 (0.64)
White, single race, female	100.0	29.1 (0.65)	21.6 (0.61)	49.3 (0.72)	100.0	47.4 (0.75)	3.3 (0.22)	30.1 (0.59)	19.2 (0.60)
Black or African American, single race, male	100.0	33.6 (1.48)	14.8 (0.98)	51.5 (1.50)	100.0	44.8 (1.49)	3.7 (0.70)	23.0 (1.28)	28.4 (1.41)
Black or African American, single race, female	100.0	41.5 (1.34)	20.7 (1.09)	37.9 (1.34)	100.0	59.6 (1.36)	2.6 (0.34)	24.2 (1.10)	13.6 (0.94)

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) greater than 30% and less than or equal to 50% and should be used with caution. Data not shown have an RSE greater than 50%.

- Quantity zero.

<sup>1</sup>Measures of physical activity shown in this table reflect the federal "2008 Physical Activity Guidelines for Americans" (available from: <http://www.health.gov/PAGuidelines/>). This table shows the percentages of adults who met the guidelines' aerobic activity component and the percentages of adults who met the full guidelines for both aerobic activity and muscle-strengthening. The 2008 federal guidelines recommend that for substantial health benefits, adults should perform at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination. Aerobic activity should be performed in episodes of at least 10 minutes that are preferably spread throughout the week. The guidelines also recommend that adults perform muscle-strengthening activities of moderate or high intensity involving all major muscle groups on 2 or more days a week for additional health benefits. NHIS questions ask about frequency and duration of light-to moderate-intensity and vigorous-intensity leisure-time physical activities, and frequency of leisure-time strengthening activities. Questions are phrased in terms of current behavior and lack a specific reference period.

Categories with respect to only the aerobic activity guidelines are mutually exclusive. "Inactive with respect to aerobic activity guidelines only" is participating in no leisure-time aerobic activity that lasted at least 10 minutes. "Insufficiently active with respect to aerobic activity guidelines only" is participating in aerobic activities for 10 minutes or more but less than 150 minutes per week. "Sufficiently active (met aerobic activity guidelines only)" is participating in moderate-intensity leisure-time physical activity 150 minutes or more per week, or in vigorous-intensity leisure-time physical activity 75 minutes or more per week, or an equivalent combination.

Categories with respect to the full guidelines are mutually exclusive. Adults who did not meet the full guidelines for either aerobic activity or muscle-strengthening may have engaged in lesser amounts of activity. Meeting the full muscle-strengthening guidelines only means participating in leisure-time muscle-strengthening activities 2 or more days per week with either no leisure-time aerobic activity or aerobic activity that did not meet the guidelines. Meeting the full aerobic activity guidelines only means participating in moderate-intensity leisure-time physical activities 150 minutes or more per week or vigorous-intensity activities 75 minutes or more per week, or an equivalent combination, and not meeting the muscle-strengthening guidelines. The sum of percentages for adults who met the aerobic-only guidelines and for those who met both the aerobic and muscle-strengthening guidelines equals (within rounding error) the percentage of adults identified as "sufficiently active" according to the 2008 federal guidelines for aerobic activity. See the Technical Notes for more information.

<sup>2</sup>Refers to persons who indicated only a single race group, including those of Hispanic or Latino origin.

<sup>3</sup>Refers to persons who indicated more than one race group, including those of Hispanic or Latino origin. Only two combinations of multiple race groups are shown due to small sample sizes for other combinations.

<sup>4</sup>Refers to persons who are of Hispanic or Latino origin and may be of any race or combination of races. "Not Hispanic or Latino" refers to persons who are not of Hispanic or Latino origin, regardless of race.

<sup>5</sup>Shown only for adults aged 25 and over.

<sup>6</sup>GED is General Educational Development high school equivalency diploma.

<sup>7</sup>"Full-time" employment is 35 or more hours per week. "Part-time" employment is 34 or fewer hours per week.

<sup>8</sup>Includes persons in families that reported either a dollar amount or would not provide a dollar amount but provided an income interval.

<sup>9</sup>"Poor" persons live in families defined as below the poverty threshold. "Near poor" persons live in families with incomes of 100% to less than 200% of the poverty threshold. "Not poor" persons live in families with incomes that are 200% of the poverty threshold or greater.

<sup>10</sup>Based on a hierarchy of mutually exclusive categories. Adults with more than one type of health insurance were assigned to the first appropriate category in the hierarchy. "Uninsured" includes adults who had no coverage as well as those who had only Indian Health Service coverage or had only a private plan that paid for one type of service such as accidents or dental care.

<sup>11</sup>MSA is metropolitan statistical area. Large MSAs have a population size of 1 million or more; small MSAs have a population size of less than 1 million. "Not in MSA" consists of persons not living in a metropolitan statistical area.

NOTES: Estimates are based on household interviews of a sample of the civilian noninstitutionalized population. This table is based on data from the Sample Adult file and was weighted using the Sample Adult weight. Unknowns for the columns were not included in the denominators when calculating percentages. Percentages may not add to totals due to rounding. "Total" includes other races not shown separately and persons with unknown education, family income, poverty status, and health insurance characteristics. For more information on the data source, methods, and definitions used for this table, refer to Technical Notes for Summary Health Statistics Tables: National Health Interview Survey (available from <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>). Suggested citation: Blackwell DL, Lucas JW. Tables of Summary Health Statistics for U.S. Adults: 2014 National Health Interview Survey. 2015. Available from: <http://www.cdc.gov/nchs/nhis/SHS/tables.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, 2014.